



Tropic Lightning ministry Soldiers react to contact during the Best Unit Ministry Team Competition, May 4. The competition tested basic Soldier skills and ministry specific skill sets, from movement under fire to an impromptu memorial service for a fallen warrior.

# 25th ID chaplains participate in training competition

Story and photos by  
**SGT. ERIN SHERWOOD**  
8th Theater Sustainment Command Public Affairs

SCHOFIELD BARRACKS — Chaplains and chaplain assistants across the 25th Infantry Division participated in the Best Unit Ministry Team training competition, May 4, to test basic Soldier skills and competencies, and ministry-specific skill sets.

“Each month, since October, we have been doing different training, such as land navigation or react to contact drills,” said Sgt. Cody Brown, chaplain’s assistant, 25th ID. “This exercise is meant to bring it all together and see where we sit as a unit, and separately.”

Unit ministry teams were presented with a mission that required them to navigate through a village and reach a NATO representative for medical supplies. The scenario is meant to mimic real life situations that chaplains and chaplain’s assistants may face while



Ministry Soldiers work together to get a simulated wounded Soldier to safety during the Best Unit Ministry Team Competition, May 4.

deployed.

“As chaplains, we tend to be very base-centric, but if we go on mission, we have to know

the more proficient we can be with key leader engagements.”

“The training put things in context,” said Ch. (Maj.) Scott Kennaugh, 3rd Brigade Combat Team. “You can train on one skill set, but it’s hard to comprehend how they fit into the big picture and the Army as a whole without bringing them all together.”

Teams were evaluated on nine lanes, including preventative maintenance on a vehicle, mission-oriented protective postures, reacting to contact and performing an impromptu memorial service for a fallen Soldier, among other tasks.

“This has never been done in the Chaplain Corps before, but once upon a time, the Expert Infantryman Badge wasn’t done either for infantrymen,” said Coen. “Our goal is to get Soldiers competent with their skill sets and key leader engagements, so they can be more proficient and provide better support to their units.”

# Signal leaders collaborate to improve the LandWarNet-Pacific

**LIANA KIM**  
311th Signal Command (Theater)  
Public Affairs

FORD ISLAND — Signal leaders and professionals from across the Asia-Pacific region converged on Oahu for the 311th Signal Command’s fourth semiannual Project Synchronization Review (PSR) and G6/S6 Workshop at the Navy Lodge, here, April 27-29.

“This is our fourth PSR, and over the last two years, we have grown tremendously,” said Brig. Gen. Lawrence Brock III, 311th SC(T) commander. “In this time of shrinking budgets, this is the forum in which you get to discuss your projects and your priorities.”

Air Force Col. Kevin Payne said he’d attended every 311th/G6 PSR since becoming the U.S. Forces-Korea J6 (communications) in 2014.

“It has been the best meeting for fellow communicators to collaborate, prioritize and develop solutions for advancing C4I initiatives across the region,” Payne said.

Designed to achieve the most synergy possible during the limited days together, the three-day event began with the PSR, led by the 311th for the first two days, followed by a one-day G6/S6 workshop led by the U.S. Army-Pacific G6 team.

“The purpose of the PSR is to provide key stakeholders an update on project planning efforts, create a shared understanding of project status, enable stakeholders to provide feedback to decision makers and highlight possible funding issues or deficiencies,” said Albert “Charles” Saunders, IT program manager, 311th SC (T). “The opportunity to socialize Pacific requirements, in person with the senior enablers, is exciting to me as an action officer in the Pacific theater.”

Saunders said the PSR came about to draw focus on a significant number of validated theater requirements that had been circulating, for years, as line items on a spreadsheet for senior decision makers. By bringing key leaders together to focus solely on Signal operations in the Pacific, the



Photo by Nikko-Angelo Matos, 311 Signal Command (Theater)

**Maj. Gen Lawrence Brook III (right), commander, 311th SC (T), asks a question as Maj. Gen. John Morrison, commander, Network Enterprise and Technology Command, listens during the PSR.**

command’s first PSR, hosted in Korea, proved to be very effective. Each PSR since has resulted in significant support.

“The PSR3 conference was very productive, both in building relationships with distant partners and improving our understanding of one another’s projects and priorities,” said Col. Don Willadsen, co-chair of a working group. “It felt not as if we were in competition, but that we were helping one another understand our challenges and identifying opportunities to gain efficiencies by solving similar problems together.”

“As joint and Army communicators, much of our effort is spent on system interoperability to build a better network to enable the warfighter. In conferences like the PSR, we improve our human interoperability to build better partnerships that we require to achieve that goal,” he said.

# Army Hawaii installations are no R/C fly zones for private drones

**JOHN REESE**  
U.S. Army Garrison-Hawaii  
Public Affairs

WHEELER ARMY AIRFIELD — If you’ve been flying RC model airplanes or multiple-propeller drones on post, you’re wrong, according to a recent garrison policy memorandum.

In addition to being a hazard to the many Black Hawks, Chinooks and Apaches, here, operating an unmanned aircraft on garrison property could get you shot down with punitive actions.

Radio-controlled aircraft have been around since the end of the 19th century, with the evolution from early experiments to military applications, to hobbyists, and now to the drones making news by colliding with a British Airways airliner on approach to London’s Heathrow airport, April 18.

Last week, late night comedians were cracking jokes about the proposed use of drones to transport human organs for transplant, and for the past year, one of the biggest online shopping websites has been trying to make package deliv-

eries by drones to homes and businesses the new norm.

Three days before that first recorded strike of a drone and a passenger jet, U.S. Army Garrison-Hawaii put out a memorandum on remotely controlled aircraft.

*“There have been multiple recent incidents where personnel have operated remotely-controlled aircraft in an unauthorized manner on or near Hawaii military installations. Aircraft of any size without a pilot on board are considered unmanned aircraft systems by the Federal Aviation Administration, to include model aircraft (i.e., airplanes, helicopters, etc.) quadcopters and drones (hobbyist). These activities threaten operations security and could endanger the safety of military aircraft.”*

— Policy Memorandum USAG-HI-75

A legal review by the 25th Infantry Division that preceded the memo found that a ban on commercial and recreational RC aircraft was necessary, due to Wheeler Army Airfield and

the rest of Oahu’s military and commercial airfields being in such close proximity.

*“Use of such drones would jeopardize the safety and security of air traffic, especially in light of the prevalent use of rotary aircraft on Oahu, which operate close to the ground.”*

The garrison policy memorandum further defines the different, specific types of RC aircraft now available, and there’s a lot more than the first hydrogen filled airships (picture a model Hindenburg) being flown around the inside of a theater more than a century ago.

For example, regarding specifics, a quadcopter’s weight is limited to 55 pounds and must be registered with the FAA, and all drones, regardless of purpose, also require FAA registration. But all of these newfangled flying machines have one common prohibition:

*“For public safety and operational security reasons, the outdoor use of private or commercial UAS, whether or not these are equipped with*

*cameras, is prohibited on all U.S. Army Garrison-Hawaii installations.”*

— USAG-HI-75

According to the memo, flying a drone or other RC aircraft over Army turf may result in “adverse administrative or disciplinary action.” Unmanned military aircraft are the only exception.

The policy memorandum can be read at [www.garrison.hawaii.army.mil/](http://www.garrison.hawaii.army.mil/) under the tab “USAG-HI Policies.” Questions about the policy should be directed to the Directorate of Plans, Training, Mobilization and Security.

Regardless of type, there’s no reason Soldiers and their families can’t enjoy flying their RC aircraft, so long as its done in a safe, preferably designated flight zone.

There are clubs and dedicated RC airfields on Oahu that can help make the hobby less expensive and easier to learn, and the runway on Ford Island, Pearl Harbor – an airfield from the dawn of aviation – periodically conducts RC air shows.





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# Schofield plans prescribed burn on range

U.S. ARMY GARRISON-HAWAII  
Public Affairs

SCHOFIELD BARRACKS — Army officials are taking action against brushfires by conducting an annual prescribed burn of the Schofield Barracks training range complex this month.

The Army’s Wildland Fire Division will begin the prescribed burn, May 16, pending weather conditions, such as wind, temperature and fuel moisture are met. It anticipates burn operations will last roughly one week.

This year’s burn is particularly important as drought conditions caused by El Nino pose higher than normal brushfire dangers across the state. These conditions are expected to continue through the summer.

“Our goal is to safely conduct the prescribed burn before the brushfire season gets into full swing,” said Dan Brush, deputy director of Emergency Services, U.S. Army Garrison-Hawaii. “We’ll be removing highly flammable guinea grass and other vegetation that, if left unchecked, could fuel large brushfires that are difficult and expensive to contain, and endanger local communities and natural resources.”

The Army’s 2015 prescribed burn removed a significant amount of guinea grass and other vegetation the Army had not been able to burn in previous years and reduced the number of accidental/unintentional fires on the range by upwards of 75 percent over the year.

Similar to last year, the Army plans to conduct a deliberate and phased prescribed burn of approximately 1,200 acres – systematically burning small



Photo by Kayla Overton, U.S. Army Garrison-Hawaii Public Affairs

**This aerial view of the Schofield Barracks training range shows a firebreak road; the grassy area to the left of the road is part of the intended prescribed burn area. The prescribed burn will take place, beginning May 16 (pending weather conditions), in anticipation of an extremely dry summer due to El Nino conditions.**

areas over the course of approximately one week. Army personnel have spent months preparing for the burn, removing brush around existing range firebreaks and improving roads throughout the range complex to provide better access for firefighters and emergency personnel.

The Army has also coordinated with the Hawaii State Department of Health’s Clean Air Branch and the U.S. Fish and Wildlife Service to ensure all state, federal and Army requirements

are met. Army staff will closely monitor humidity, wind and the level of concentration of natural fuel in the burn areas in an effort to minimize smoke and ash.

“We will take every precaution to lessen potential impacts on our neighbors,” Brush said. “However, by taking wildland fire prevention measures and conducting this burn, we believe we will greatly reduce unintentional fires over the course of what will be an ex-

tremely dry summer.” The team will conduct final checks, May 15, to ensure all personnel, equipment and safeguards are in place and ready. The actual burn will begin May 16, provided environmental conditions, such as wind, temperature and fuel moisture are within the regulatory parameters. Burn operations will take place during daylight hours, and Army firefighters will remain on site each night to monitor the area.

# New sex offender policy posted on USAG-HI website

AIKO ROSE BRUM

Chief, Internal Communication  
U.S. Army Garrison-Hawaii Public Affairs  
WHEELER ARMY AIRFIELD — Say the words “sex offender” and a great mix of emotions and comments come gushing out.

Since May 3rd, when U.S. Army Garrison-Hawaii held its last Facebook Town Hall meeting, numerous comments and messages have been posted online asking “why a registered sex offender is allowed to live on post near a school.”

Initially, Island Palm Communities, the post family housing manager, stated it would be developing a response after it discussed comments with its Army partners.

Still, family members wanted to know why offenders were allowed to live on base, why the community isn’t aware, and whether they have an option to know if their neighbor is an offender.

Unbeknownst to many families, their children were walking by, to and from schools, playgrounds and parks, unaware of offenders living in the area. Additionally, since most state laws prohibit offenders from living specified feet (which varies from state to state)



from schools, family members were furious to learn that an offender lived “right across from a playground and elementary school.”

The IPC Resident Guide prohibits personnel with felons from living in on-post quarters; however, this stipulation and current knowledge were at odds.

All of these comments, together with the IPC Resident Guide and overall safety concerns probably caused the senior commander, U.S. Army Hawaii to sign USARHAW Policy #20, titled “Sex Offender Registration and Residency,” effective May 6th. This policy establishes “registration requirements and impose(s) residence and employment restrictions on sex offenders.”

The policy applies to everyone on

Army Hawaii installations, and it’s punitive with violations such as “adverse administrative action, punishment under the Uniform Code of Military Justice (UCMJ), or criminal prosecution in a state or federal court.”

Per the policy, Garrison’s Directorate of Emergency Services, which includes law enforcement personnel and Military Police, must “maintain a database of registration information on all persons required to register.”

The Directorate of Family and Morale, Welfare and Recreation will no longer allow family child care providers within 1,000 feet of the “place of employment of a sex offender.”

The policy states that “sex offenders who are residing on or working on any USARHAW installation on 6 May 2016 must register with DES before 20 May 2016.” Further, those “who will reside on or work,” here, after 6 May 2016, must also “register with DES on or before the date that they begin to reside or work” on the post.

Probably of most significance to family members in USARHAW, according to this new policy, “no sex offender may reside in privatized hous-

ing or any USARHAW installation.” However, exceptions apply. Offenders who currently reside on post or who request to move into privatized housing may seek an exception from the Garrison commander. The policy states that the Garrison commander will review each request for an exception “on a case by case basis.” The policy itself has been placed on the Garrison website. Additionally, information has been provided on Facebook and through other venues to get the word out about current regulations. Commanders and leaders in USARHAW hope these actions will assure the community they are aware of and listening to their concerns.

## USARHAW Policy Letter 20

The sex offender policy is posted on the Garrison homepage under “Most Popular Content,” “Garrison Polices,” “USARHAW Policies.” Visit <https://www.garrison.hawaii.army.mil/command/documents.htm?tab=1>.



## FOOTSTEPS in FAITH

# When helping others, are we just trying to help ourselves?

CHAPLAIN (CAPT.) STACIE KERVIN  
2nd Squadron, 6th Cavalry Regiment  
25th Combat Aviation Brigade  
25th Infantry Division

I think, for the most part, we desire to help people. But is it possible to be too helpful? Can our helpfulness actually make life more difficult for others and ourselves?

Yes, if that help makes us bothersome, intrusive, smothering, manipulative or controlling. If the help we are giving is driven only by our own anxiety, we may be just trying to help ourselves.

How can we love from pure motives? We can ask if we’re hurting or hinder-



Kervin

ing others? Our efforts to help others, especially those we love the most, will never be completely free from anxiety. However, we can begin to love freely with no strings attached.

The measure of our progress is the way we react when our “helpfulness” is unrecognized or goes unrewarded.

This reminded me of the time when my friend Amanda came to me for

counsel. She was upset because she

was trying to help her friend, Alice, who was in need of a place to stay while in transition. Amanda allowed Alice to live with her for a few months.

“My friend began taking advantage of me by driving the car without refilling the gas, eating my food without replacing it, leaving the lights on in rooms that were not being used, and she never made any contribution in paying the electric bill,” Amanda said.

Frustrated after the first month, Amanda felt her friend was beginning to take advantage of her kindness. She wanted to be helpful because she understood the situation her friend was

going through, and didn’t say anything. As the weeks went by, Amanda became more and more frustrated, until one night she confronted her Alice with an electric bill of \$498.

Alice decided to move out the next day, leaving Amanda stuck with the debt of paying the utilities. So, Amanda questioned her help to Alice.

We have a tendency to want to help people, but sometimes our helpfulness can be more of a hindrance to ourselves and to those that we want to help.

If our motives are pure and what we do is for the good of others, we should expect nothing in return.

# Voices of Ohana

## “What’s your favorite way to exercise and why?”

By Staff Sgt. Carlos Davis, 2nd Brigade Combat Team Public Affairs, 25th Infantry Division



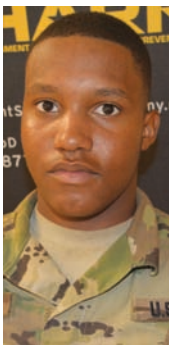
“Push-ups and curling heavy weights, so I can have a good beach body. The main goal is to get buff or die trying.”  
Staff Sgt. Chad Blake  
Infantryman, HHC, 65th Bde.  
Eng. Bn., 2nd BCT



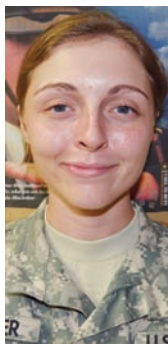
“I like to bench because it improves upper body strength.”  
Sgt. Alexander Carney  
Combat engineer, Co. A, 65th Bde.  
Eng. Bn., 2nd BCT



“My favorite thing to do is going to the gym because it builds muscle.”  
Staff Sgt. Michael Dye  
Combat engineer, Co. A, 65th Bde.  
Eng. Bn., 2nd BCT



“Sprinting, because it improves the cardiovascular system.”  
Pvt. DeAndre Knight  
Combat engineer, Co. A, 65th Bde.  
Eng. Bn., 2nd BCT



“I like to do push-ups because it improves upper body strength.”  
Pfc. Classic Wagner  
Geospatial engineer, HHC 65th Bde.  
Eng. Bn., 2nd BCT



# Gov. Ige proclaims ‘Hawaii Military Appreciation Month’

**MILITARY AFFAIRS COUNCIL**  
Chamber of Commerce Hawaii

HONOLULU — Gov. David Ige, in partnership with the Military Affairs Council of the Chamber of Commerce Hawaii, has declared May 2016 as “Hawaii Military Appreciation Month.”

“There are more than 50,000 active duty military personnel in our state, and they are an important part of our community,” Ige said. “Military Appreciation Month is an opportunity for us to say mahalo to the men and women that serve our nation and are a part of Hawaii’s ohana.”

As a part of the ceremony, seven service members were recognized for their outstanding community service contributions.

The MAC works with the U.S. Pacific Command (PACOM) and the six service components in identifying their respective honorees. The seven honorees spent countless hours of their time to mentor youth through education or coaching, raising money for medical research, working with the disadvantaged and resorting critical habitats.

This year, the following individuals were honored:

- Army** – 1st Sgt. Felipe Pinero Jr.
- Hawaii Army National Guard** – Staff Sgt. Donovan Tuisano Sr.
- Navy and Navy Headquarters** – HM2 Renee Cook and CS1 Dong Ruan, respectively.



Photo by Navy Mass Communication Specialist 2nd Class Jerome D. Johnson

**Gov. David Ige (center), government officials, the Chamber of Commerce’s MAC and PACOM leaders and honorees take a group photo at the state capitol building, May 6, during the annual Hawaii Military Appreciation Month ceremony.**

- Marine Corps** – Cpl. Dominique Craig.
- Coast Guard** – IS2 Steven Gelety.
- Air Force** – Senior Airman Khin Myat Thu Tun.

“The Military Affairs Council has partnered with the State of Hawaii for more than 30 years as a liaison in matters relating to the military and pre-

serve, and (to) protect the military’s presence in Hawaii,” said David Carey, MAC chairman. “We are honored to recognize these outstanding men and women who have gone above and beyond their call of duty to their nation, (and) have also made great

contributions to our community.”

Ige encouraged the people of Hawaii to join in recognizing the commitment, vigilance and sacrifices of all of the members of the armed forces in Hawaii to ensure the freedom, security and prosperity of the nation.

**HMMAM & MAC**

In 1999, Congress designated May as national Military Appreciation Month as an opportunity to acknowledge and recognize the sacrifices and achievements of the members of the nation’s armed forces.

The Hawaii Military Affairs Council, part of the Chamber of Commerce Hawaii, acts on behalf of the state of Hawaii to advocate and liaise with the military. As a major economic generator for the state, the MAC supports efforts that will preserve the military’s role as a strategic headquarters in the Asia-Pacific region.

Comprised of business leaders and retired U.S. military personnel, the organization also aims to bridge the military and the community, endorses the needs of Hawaii-based military commands, and attracts public-private ventures with the military.

# 8th TSC Soldiers strive to win Best Warrior Competition

**STAFF SGT. JOHN C. GARVER**  
8th Theater Sustainment Command Public Affairs

SCHOFIELD BARRACKS — Soldiers in today’s Army have to be agile and adaptable to the changes they may encounter as warriors and leaders.

Four Soldiers of the 8th Theater Sustainment Command demonstrated these characteristics, May 2-6, by competing in various events to select the best Soldier and NCO to compete in the U.S. Army-Pacific Command’s competition, the next level before reaching the Department of the Army competition.

Sgt. Raul Galvan and Spc. Robert Miller from the 8th Military Police Brigade, and Sgt. Joshua Cipolla and Spc. Sarah Carnello from the 130th Engineer Bde., were selected by their units to

represent them in the challenge.

“In competitions like this, you have to be agile and quickly adapt to whatever is thrown at you,” said Spc. Sarah Carnello, a native of Plymouth, Mass.

The first day began with an equipment layout and moved directly into an Army physical fitness test before each Soldier presented themselves before a board of command sergeants major, and completed a written exam and essay, all of which demonstrated their level of Army knowledge and competency.

“This is a rare opportunity where you get the chance to come out and compete against your peers and see what you are made of. (It) also develops those skills you may not get to focus on every day,” said Spc. Robert Miller, a native of

Clarksville, Tenn.

The following day continued with the Soldiers performing the air assault obstacle course before moving into lanes to test warrior tasks and complete a mystery event.

Day Three was a 12-mile road march and qualification on the M-4 carbine and M-9 pistol.

“I push myself to do things that I know I can do, just staying resilient and the desire to win,” said Raul Galvan, a native of Corpus Christi, Texas. “I know that, no matter what, I will never quit and never give up.”

The final day started at 3 a.m. with nighttime land navigation, leading into daytime land navigation. After a quick rest, the Soldiers moved into more lanes to test their warrior tasks and drills and another mystery event.

“I admit, I’m tired, but not giving up. I want to win and move on,” said Sgt. Joshua Cipolla, a native of Mattawan, Mich.

The two best warriors were awarded the Army Commendation Medal for their accomplishments during the 8th TSC’s ball, May 6, and go on to compete in the USARPAC’s BWC, in June, against winners from other units in the Pacific theater.

**8th TSC Soldier and NCO of the Year**

- SOY – Spc. Robert Miller, 303rd Explosive Ordnance Disposal Bn., 8th MP Bde.
- NCOY – Sgt. Raul Galvan, 728th MP Bn., 8th MP Bde.

# USARPAC’s Hughes, McCaffrey honored, depart for Fort Knox

Story and photo by  
**STAFF SGT. KYLE RICHARDSON**  
Army News Service

FORT SHAFTER — The “One Team” ohana extended a hui kaua to U.S. Army Pacific’s outgoing chief of staff, Maj. Gen. Christopher P. Hughes, and its deputy commanding general-South, Maj. Gen. Todd B. McCaffrey, during a Flying V ceremony, May 6.

Hughes will assume new responsibilities as commander, U.S. Army Cadet Command and of Fort Knox. As the senior leader of Cadet Command and Fort Knox, Hughes will command a total of 275 ROTC programs located in colleges and universities throughout the 50 states. Cadet Command is also responsible for more than 1,600 JROTC programs across the nation.

McCaffrey also departs for Fort Knox to assume command of First Army Division East, where he’ll oversee the training of joint, interagency, combined and active Army forces, along with reserve components assets for deployment and contingency force requirements.

Historic Palm Circle lived up to its name, once again, as the two generals stood side-by-side at attention, looking out across the field. Combined, Hughes and McCaffrey have dedicated almost 70 years of their lives to the U.S. Army, along with multiple tours in the Pacific region. Both served USARPAC dutifully in multiple capacities.

“It is a great day to recognize these two great warriors, two great leaders who have done so much for our Army, for our nation and their families – unbelievable teams,” said Gen. Robert B. Brown, USARPAC’s commanding general. “For



**Maj. Gen. Todd B. McCaffrey, left, and Maj. Gen. Christopher P. Hughes share a lighthearted moment during their Flying V ceremony, May 6.**

the better part of this decade, Todd McCaffrey has been oriented towards the Pacific. He has had a long history in this region. This organization and the Army has certainly benefitted from his extensive knowledge and experience in this.

“Regionally aligned forces, regional experts – you got a great one standing up there,” Brown said, indicating McCaffrey.

“With Chris (Hughes), USARPAC gained one

of the most broadly-developed leaders in the general officer corps,” Brown continued. “He is well respected and well known as an innovative and adaptive leader. His skills and talent were in full display as he really established a culture of innovation, which is not easy to do, but he is extremely good at it.”

Both general officers said they enjoyed their time in USARPAC and were grateful they had

the opportunity for many valuable experiences. Hughes, however, had a message to leave the “One Team” family.

“USARPAC, in my opinion, is the strongest and most productive Army service component in the world,” he said. “Everyone here must understand that this is a four-star level command that brings strategic focus to the Pacific in support of the PACOM (U.S. Pacific Command) commander’s vision and our partners and allies in this most critical region. We bring 106,000 Soldiers, Department of the Army civilians assigned from all three of our components – active, Reserve and National Guard. It commands three Army forces, a corps, eight brigade combat teams and three combat aviation brigades.”

Hughes noted that USARPAC is expertly supported by its own watercraft, aircraft, mission command, high-altitude missile intercept batteries, medical support and logistics.

“There is nothing that this organization cannot do,” Hughes said. “USARPAC is the total joint force package and reaffirms the Army’s commitment to balance to the Pacific.”

Brown said USARPAC will lose two great officers, but their time here has helped to create a better organization and the Army, overall, will be better off for their service.

“For both Team McCaffrey and Team Hughes, for your dedication, love and selfless service, to those you lead and the families around you, we bid you a fond aloha farewell,” Brown said. “Know you will always be a part of the ‘One Team’ ohana, and we will miss you deeply. Mahalo.”



# Soldier of Year preparation is true key to success

Story and photos by  
**SGT. KIMBERLY MENZIES**  
94th Army Air and Missile Defense Command  
Public Affairs

JOINT BASE PEARL HARBOR-HICKAM —  
“Lub-dub ... lub-dub ... lub-dub ...”

Sitting stoically in the chair, she could hear her own heart beating in her ears and feel heat radiating from her cheeks.

The sweat from where she rested her straight and rigid palms was beginning to show on the knees of her uniform slacks. Her skin was beginning to stick to the synthetic material.

The conclusion of the competition was just on the horizon. This was the final event. She was almost done. Letting out a cleansing breath, she began.

“Good morning, sergeant major and fellow members of the board. I am Spc. Zuleima Garcia,” she said.

Garcia, a native of Oakdale, Calif., and an air defense enhanced early warning system operator with Headquarters and Headquarters Battery, 1st Battalion, 1st Air Defense Artillery Regiment, 94th Army Air and Missile Defense Command, was awarded the title of 94th AAMDC’s Soldier of the Year 2016 during a ceremony, here, April 28.

“I was eager to participate in this competition because I wanted to set an example for my subordinates,” Garcia explained. “I wanted to show others that just because I am ADA doesn’t mean that I can’t do everything that Soldiers in the rest of the Army are doing.”

Stationed on Okinawa, Garcia came to Hawaii to begin the competition in a position that many may have considered a disadvantage.

“We knew that there would be the additional element of fatigue from travel that might affect her performance in the competition. That is why preparation was so important,” said Sgt. Richard Wyce, utilities equipment repair noncommissioned officer with 1-1st ADA and Garcia’s sponsor during the competition.

The four-day competition included a physical fitness test, drill and ceremony, night/day land navigation, M4 rifle qualification, weapons familiarization, a written test, a narrative essay and a question-and-answer board.

Garcia pushed herself through the exhausting competition. Her husband had competed for U.S. Army-Japan SOY and had warned her that it would be rough.



**Spc. Zuleima Garcia, air defense enhanced early warning system operator, calibrates her compass, April 26, prior to beginning the night/day land navigation testing portion of the 94th AAMDC’s Soldier of the Year 2016 competition at Schofield Barracks’ East Range.**

“I was contemplating my career on the 12-mile ruck march,” Garcia chuckled. “He was right. It wasn’t a walk in the park. It was rough. It was challenging.”

This event had been planned with specific modifications to ensure the bodies and minds of the competitors would be taxed.

“This year we raised the intensity to purposefully meet Command Sgt. Maj. (Bryant) Lambert’s overall intent for the competition,” said Master Sgt. Benjamin Kahalehoe, operations passive defense cell NCO in charge. “We compounded the events of the competition within a shorter period of time, which created a more stressful week, challenging the competitors both mentally and physically.”

Garcia showed preparation is key to success.

“I feel really proud of myself. It definitely makes me feel like all the hard work I have done was totally worth it,” Garcia said. “Succeeding is really about using all the tools provided to you to the best of your ability and working hard.”

Sgt. Stanley Fields, a native of Atlanta, Ga., and an intelligence analyst with HHB, 94th AAMDC, won NCO of the Year. He and Garcia will represent the 94th in the upcoming weeklong U. S. Army-Pacific Best Warrior Challenge.



**Garcia provides care under fire to a simulated casualty during the warrior task testing portion competition. Stationed on Okinawa, she began the SOY competition with a jet lag disadvantage, hitting the ground running and ultimately winning.**

## 94th AAMDC hosts 2016 Worldwide AAMDC Intelligence Symposium

Story and photo by  
**MAJ. TROY FREY**  
94th Army Air and Missile Defense Command  
Public Affairs

JOINT BASE PEARL HARBOR-HICKAM — The 94th Army Air and Missile Defense Command hosted the 2016 Worldwide AAMDC Intelligence Symposium, here, April 18-21.

Intelligence officers from the 94th, 10th, 32nd and 263rd AAMDCs attended, as well as key partners in the intelligence community who provide intelligence support to the ballistic missile defense (BMD) mission.

The intent of the symposium was to improve Army and joint intelligence support to the warfighter.

“We are hosting this event in order to achieve some very specific objectives in order to assist all of our Army air and missile defense command intelligence elements in their uniquely challenging task of providing intelligence support to ‘Left of Launch’ ballistic missile defense,” explained Col. Bruce Stephens, assistant chief of staff, intelligence (G-2), 94th AAMDC.

“I’ve always felt ... we are not driving operations by informing our commanders and operators that a missile has launched,” continued Stephens. “(The intelligence community) value is to be able to identify and locate targets far enough in advance to prevent launches.”

Master Sgt. Patrick James, senior intelligence sergeant, 94th AAMDC, helped plan the conference and understands the significance of the event.

“The intel symposium was important because



**Keynote speaker, Maj. Gen. Gregory C. Bilton, deputy commander-Operations, USARPAC, gives his perspective on the importance of intelligence support, April 18.**

it brought the entire intelligence community together that works within the air defense community,” James said. “In so doing, we were able to understand the problems that each intelligence directorate encounters within the Army missile defense structure. We then were able to showcase how we deal with problems and share experiences to help us combat present and future similar air defense issues.”

The symposium also incorporated events outside of the classroom setting, including an icebreaker at a local restaurant overlooking the ocean, a tour of a warship and an opportunity to participate in the 94th AAMDC Sea Dragon Cup Golf Scramble.

“I have never had the chance to be on a Navy Aegis cruiser,” said Spc. Edward Riverarivera, intelligence security manager, when asked which topic he found the most interesting. “Being given a tour of the USS Hopper gave me the opportunity to learn how other military branches approach TBM (theater ballistic missile) situations.”

The symposium provided a much-needed forum for improving standardization, maturation, and synergy of intelligence practices and coordination, across the air and missile defense force.

“We were able to bring in several different intelligence entities to share data on the national level intelligence efforts and capabilities dedicated to the BMD mission,” Stephens said.

Additionally, engagement with Department of the Army sourcing elements, such as the Training Doctrine Capabilities Manager for Sensor Processing, the program manager for the Distributed Common Ground System – Army, Foundry, and Human Resources Command, will lead to a codified plan for training intelligence analysts in this unique mission set, Stephens explained.

“This was a very good experience, and I hope that it will rotate throughout the air defense community,” said James.

### More About the Symposium

Keynote speakers included Maj. Gen. Mark C. Dillon, vice-commander, Pacific Air Forces; Maj. Gen. Gregory C. Bilton, deputy-commander (operations), U.S. Army Pacific; and Thomas E. Webber, director, programs and technology center, U.S. Army Space and Missile Defense Command/Army Forces Strategic Command.

The four-day seminar also featured an intelligence overview of global air and missile defense, and intelligence briefs by the following:

- Pacific Air Forces intelligence, director of intelligence, surveillance, and reconnaissance,
- USARPAC intelligence, and
- 94th, 10th, 32nd and 263rd AAMDCs.

### Other Organizations

#### Presenting Topics:

- Missile and Space Intelligence Center,
- 500th and 501st Military Intelligence Brigades,
- Defense Special Missile and Aerospace Center,
- National Air and Space Intelligence Center,
- National Ground Intelligence Center, and
- National Reconnaissance Office.



# 25th ID’s Lightning Academy tests prototype uniforms

Story and photos by  
**SGT. IAN MORALES**  
25th Infantry Division Public Affairs

SCHOFIELD BARRACKS — Over the last few months, Tropic Lightning Soldiers have had the opportunity to test new uniforms designed specifically for jungle operations at the 25th Infantry Division’s Jungle Operations Center.

Representatives of the U.S. Army Natick Soldier Research, Development and Engineering Center visited to gain insight and log data on how Soldiers conduct operations in a jungle environment for their Jungle Fabric and Architecture Development Effort, or JFADE.

“We’re looking at various commercial materials, basically what the industry tells us is going to work in this environment,” said Melynda Perry, project lead for JFADE. “We have a variety of materials, fiber blends, weave types and finishes that we’re looking at, and the entire point is to get feedback from the Soldiers.”

The feedback is critical to JFADE’s research into what could become the new standard for jungle uniforms across the entire military. Since the Soldiers were engaged in exercises in the jungles of Hawaii, the data collected on the test uniforms gave JFADE’s developers an environment for instant feedback.

“The idea is that if we can correlate the user feedback with the laboratory testing, it will help us better inform requirements for a jungle material as well as a jungle uniform,” Perry said. “We’ve already done three tests based on fabrics and are now testing architecture.”

25th ID’s Lightning Academy has become the epicenter of testing for JFADE, as its used courses such as the Pre-Ranger Course and Jungle

Warfare School. During Natick’s visit, it met with students of a recently completed Jungle Warfare School that had been issued a number of test uniforms with different types of fabric.

“I like the M4 uniform a lot compared to what I normally wear for the Marine Corps. The uniforms we wear for the jungle are usually pretty thick, and they rip pretty easily,” said Marine Cpl. John Verduco of 2nd Battalion, 3rd Marine Regiment. “This one dries very quick, they don’t tend to rip, especially in the groin area, and they’re very lightweight.”

Some of the differences in the prototype uniforms include new moisture wicking, yet breathable materials; added ventilation ports to the jackets on the chest and back, to allow for faster cooling; and removal of pockets that interfere with the wear of body armor.

Mark Sharp, equipment specialist for JFADE, said, with the latest group, the project focused on where pockets and vents are placed on the different styles of uniforms.

“We’re getting Soldiers’ input on if they dry quick enough, do they wick quick enough, are they cool enough for the environment they’re in,” said Sharp. “Our 50-meter target is figuring out what we call a down-select. Take the best two to three uniforms out of what we have here, and go ahead and build them the way the Soldiers want, then test them again.”

According to Perry, the goal is to continue testing on the down-selected uniforms during the fall of 2017.



Cpl. John Verduco, 2nd Battalion 3rd Marines, participates in the “Green Mile” at the 25th ID’s Jungle Operations Training Center. Verduco was part of a group testing prototype jungle uniforms that are composed of different fabrics to improve movement and cooling factors of the combat uniform.



Left – This prototype camouflage pattern for a new uniform jacket uses new fabrics, as well as climates chest pockets in favor of a tent-like mesh to allow for faster cooling.

#### Natick

Visit Soldier Systems Center Natick on Facebook or at [www.army.mil/info/organization/natick](http://www.army.mil/info/organization/natick).



# Got tunes? Army now allows Soldiers to wear headphones in fitness centers

C. TODD LOPEZ  
Army News Service

WASHINGTON — Soldiers jogging or lifting in the gym may now be allowed to listen to music through small headphones or ear buds, according to Army Directive 2016-20, released May 6.

Acting Secretary of the Army Patrick J. Murphy signed a memo that authorizes Soldiers to listen to music on a variety of devices and earpieces while doing personal physical training inside gyms, though the memo does give final word on the new policy to installation or unit commanders.

“Effective immediately, unless the unit or installation commander prohibits otherwise, Soldiers may use headphones, including wireless or

non-wireless devices and earpieces, in uniform, only while performing individual physical training in indoor gyms or fitness centers,” Murphy wrote in the memo.

The headphones cannot be more than 1.5 inches in diameter, and the memo states violators may be subject to administrative or disciplinary action.

To push music through “conservative and discrete” earpieces, Soldiers are also permitted to “wear electronic devices, such as music players or cell phones” on their waistband, in accordance with AR 670-1. That regulation says the color of the carrying case for such a device must be black.

The directive also permits Soldiers to wear a “solid black armband” to hold their electronic de-

vice, but only while in the gym or fitness center.

When Soldiers leave the gym or fitness center, however, the armbands, the music devices and the headphones must be put away.

Sgt. Maj. of the Army Daniel A. Dailey said the new policy is something Soldiers have told him they wanted for a while.

“This change came about because Soldiers stood up at one of my town halls and asked about it,” Dailey said. “If we can make changes that improve morale, and they don’t adversely affect discipline, I’m all for it.”

The memo applies to Regular Army, Army National Guard and Army Reserve Soldiers. It’s expected that the new rules regarding the wear of music

devices and headphones in installation gyms will be incorporated into the existing uniform policy, AR 670-1, by the Army’s personnel (G1).

#### More Information

Get more details in the following regs:  
• Army Directive 2016-20 (Authorization to Use Headphones in Uniform) and  
• Army Regulation 670-1 (Wear and Appearance of Army Uniforms and Insignia).

To learn more about AR 670-1, visit [www.apd.army.mil/pdf/files/ad2016\\_20.pdf](http://www.apd.army.mil/pdf/files/ad2016_20.pdf).





# U.S. VETS selected for city’s ‘Housing First’ initiative

CITY AND COUNTY OF HONOLULU  
News Release

HONOLULU — Mayor Kirk Caldwell has announced (May 6) that the Department of Community Services has selected the U.S. VETS’ proposal to provide permanent supportive housing to 100 households experiencing chronic homelessness on Oahu through the Housing First model.

The city published a request for proposals (RFP), Feb. 24, to spend up to \$2.2 million to provide permanent supportive housing to a minimum of 100 households (families and individuals) experiencing chronic homelessness in one year.

The Dept. of Community Services Housing First Program Increment II Selection Committee evaluated each proposal submitted in response to the RFP and selected U.S. VETS.

The City and U.S. VETS will now enter an exclusive negotiation period to finalize the terms of a contract, which is anticipated to be executed later this month.

“U.S.VETS, along with its partners, are excited to be working with the City and County of Honolulu to provide much needed permanent housing opportunities via the Housing First Increment II grant,” said U.S. VETS chief operating officer Darryl Vincent.



Photo courtesy of 8th Theater Sustainment Command Public Affairs

**Sgt. 1st Class Nicole Howell, 8th TSC Public Affairs, talks with a homeless veteran, Aug. 5. The Housing First initiative, working with U.S. VETS, will provide permanent supportive housing to 100 chronically homeless Oahu households.**

“It takes a collaborative effort to address and end homelessness, and U.S.VETS’ ongoing partnerships with the City and County of Honolulu,

the State of Hawaii, Partners in Care, Housing ASAP and the community brings us one step closer to addressing and ending homelessness in our state,” he said. “Our job is not complet-

ed until every person in Hawaii has a home.” U.S. VETS’ proposal included commitments from a host of partner agencies to assist in the implementation of its Housing First program, including memorandums of agreement from Kalihi-Palama Health Center, Legal Aid Services of Hawaii, the University of Hawaii at Mānoa Center and Helping Hands Hawaii.

## The Initiative

Housing First Increment II builds on the success of the city’s existing Housing First initiative with IHS. From November 2014 to October 2015, IHS provided permanent supportive housing to 176 individuals in 115 households, including 35 children in 20 families who had been experiencing chronic homelessness.

Now, in year two of its Housing First partnership with the city, IHS is keeping those households housed and supported. With the addition of the U.S. VETS initiative, the City will serve a minimum of 215 households through Housing First. For more information, call 768-4370.

TRAFFIC  
REPORT

Advisories from Army and Hawaii Department of Transportation (HDOT) sources. Visit [www.garrison.hawaii.army.mil/info/trafficcalendar.htm](http://www.garrison.hawaii.army.mil/info/trafficcalendar.htm) for up-to-date advisories.

**13 / Friday**  
**Kubo Completion** — Intermittent weekday road closures, from Fort Shafter’s Bldg. T-126 to the intersection of Kubo and Funston Road at Bldg. 12, are scheduled to conclude today.

**14 / Saturday**  
**Schofield Power Outages** — The following areas will see a power outage, 7 a.m.-3:30 p.m.: Akolea Point Housing, the motor pool, and areas between McMahon and Menoher on Sutton, Capron and Reilly streets. At the same time, Wheeler and the WiliWili Housing Area will also experience an outage. Also today, the 500 block of housing between Jeal Road and Lewis Street will be without power, 8:30 a.m.-noon.

**Cool PM** — The garrison’s Public Works Air Conditioner Shop will conduct preventive maintenance on all of Schofield Barracks’ cooling towers before the summer to help prevent trouble calls. Work will be performed on several Saturdays, 7:30 a.m.-4 p.m., until June 11. During maintenance, the cooling will be off in the following buildings:  
•**May 14** – A and C Quad buildings 130, 131, 132, 133, 135, 355, 356, 357, 358 and 359.  
•**May 21** – D, E and F Quad buildings 449, 450, 451, 452, 549, 550, 551, 552, 649, 650, 651 and 652.  
•**June 4** – K Quad (no build-



Warhawk Street, Wheeler Army Airfield

ing should be affected, but it helps feed the buildings 772, 773, 774, 776, 777, 778, 779, 780 and 783).  
• **June 11** – Bldgs. 1500, 1501, 1502 and 1503. Also, GTA, South Range. No buildings will be impacted, but this will help feed buildings 1400, 1401, 1403, 1404, 1405 and 1406.

**16 / Monday**  
**Phase One** — Overhead electrical power lines on Schofield Barracks will be replaced, and as a result of construction, various roads will be reduced to one lane of traffic at



Wisser Road, Fort Shafter

each power pole location being worked on for that day. Some roads will be closed. Sutton Avenue, Tidball Road, McCornack Road, McNair Gate and Leilehua Avenue will be affected. Phase Two, McNair Gate and McCornack Road, begins May 30.

**Warhawk Street** — There will be a full road closure at Wheeler Army Airfield’s Warhawk Street, between Santos Dumont and Wright Avenue, from today until May 23, to repave the road. Robins Road and Nakamine Street will be the alternate routes. The parking lot for Bldg. 844 will only be accessible from Nakamine Street. There will be intermittent lane closures on the west-bound lane of Santos Dumont

and the eastbound lane of Wright (near Warhawk), 9 a.m.-3 p.m., until May 23.  
**Wisser Road** — There will be intermittent road and parking lot closures at Shafter’s Wisser Road (near Richardson Theater), weekdays, 8:30 a.m.-5:30 p.m., until Sept. 2, for the installation of a new water main line. Wisser will be closed between Funston Road and Bonney Loop until June 24. Intermittent closures will follow from June 27 to Sept. 2. The intersections of Strong and Pierce streets will be restricted to local traffic only.

Richardson Theater and the adjacent parking lots will remain accessible by means of Casey Street. Westbound traffic on Wisser Road heading towards Funston Road will be detoured through Bonney Loop. Eastbound traffic from Funston Road, heading towards the Exchange and Patch Gate, will be detoured through the west end of Bonney.  
**19 / Thursday**  
**Lane Closure** — A lane will close on Schofield’s Sargent Street next to Bldg. 690. Sargent will be restricted to one-lane access from Wednesday until June 23. The contractor will have all appropriate signs and barriers for closing each side of the roadway.  
•Phase I: May 19-June 2,  
•Phase II: June 2-9,  
•Phase III: June 9-21, and  
•Phase IV: June 21-23.

News  
BRIEFS

Send announcements for Soldiers and civilian employees to [news@hawaiiarmyweekly.com](mailto:news@hawaiiarmyweekly.com)

**Today**  
**Editor’s Tip** — For easy surfing, visit [www.HawaiiArmyWeekly.com](http://www.HawaiiArmyWeekly.com) to click on links.

**17 / Tuesday**  
**Celebration of Service** — Gen. Robert B. Brown, commander, USARPAC, will host his first quarterly Celebration of Service, 10 a.m., on Fort Shafter’s Palm Circle. The ceremony recognizes Soldiers, civilians and family members for their distinguished service as the 15 honorees prepare to transition into retirement. Please arrive by 9:40 a.m.

**18 / Wednesday**  
**Flying V** — U.S. Army, Pacific says farewell to Brig. Gen. Bryan P. Fenton, assistant chief of staff of operations, 10 a.m., at historic Palm Circle, Fort Shafter.



Photo by Staff Sgt. Chris McCullough, U.S. Army Pacific Public Affairs

**From right, Gen. Vincent K. Brooks, Pfc. Cody Simons, retired Brig. Gen. James Hastings and Command Sgt. Maj. Bryant Lambert, USARPAC, cut the 2015 Army birthday cake. This year’s celebration is June 10 at the Hilton Hawaiian Village.**

## June

**10 / Friday**  
**Happy Birthday Army** — U.S. Army-Pacific will celebrate the 241st Army birthday at Hilton Hawaiian Village, June 10th. Military should wear dress blues or mess, and civilians should wear formal evening attire. Call 438-6361 for more details.

**13 / Monday**  
**USS Arizona** — From today through June 26, the dock for the USS Arizona Memorial will be dismantled, removed and replaced. Visitors will not be able to disembark onto the USS Arizona Memorial during this time, although a boat ride to observe the memorial will still be available. All other visitor services will remain unchanged. The dock was designed in Hawaii by a local company. A series of skid-proof ramps will replace the combination of steps and ramps that currently provide walking and wheelchair access from the dock to the memorial. Visit [facebook.com/ValorNPS](http://facebook.com/ValorNPS) and [www.nps.gov/valr](http://www.nps.gov/valr).



# Effective mentoring key to motorcycle safety

**JULIE SHELLEY**  
U.S. Army Combat Readiness Center  
FORT RUCKER, Ala. — For new motorcycle owners, the camaraderie and shared experiences of participating in a Motorcycle Mentorship Program (MMP) can set the stage for a lifetime of safe riding. The way those programs are structured and run, however, can greatly impact their effectiveness.

Bill Maxwell, safety manager for the 311th Signal Command (Theater) and former motorcycle coordinator for the U.S. Army Garrison-Hawaii Safety Office, has seen numerous MMPs throughout his career. As a lifelong rider, longtime instructor and the Army's only California Superbike School Advanced Rider Trackday certified trainer, he has several thoughts on the factors that make a local or unit program successful.

"Mentors are more than just the commander's tracker of training," Maxwell said. "But in some units, that's all they're doing. It's so much more than that. They have to be the go-to person for all motorcycle-related questions for the unit."

Maxwell said that for mentors to succeed, they must have a template for success that answers questions such as what it means to be a mentor, what their duties will be, and what lessons other programs have learned over the years. In addition, placement of the mentor within the unit also makes a difference.

"Our experience in Hawaii has shown the mentor needs to be no higher than battalion, preferably company level," Maxwell explained. "The reason is if you're higher than battalion, you don't have that routine contact to see the new bike that showed up in the parking lot or hear that conversation in the



hallway."

While not every installation has the same favorable riding climate as Hawaii, many of the Army's locations, particularly those in the southern United States, offer extended riding seasons. Those posts will naturally have a higher rider population. In Hawaii, it's significantly more than 10 percent, according to Maxwell.

Besides mentors being available to their Soldiers, it's important for them to emphasize a "crawl, walk, run" approach with their new riders, regard-

less of the time of year they purchase their bikes.

"New riders can't just go from off the chocks straight into the run," Maxwell said. "Part of a mentor's job is to tell them that. Take it step by step, you need some real-world experience in addition to the Basic Rider Course."

One model that's worked for mentors in Hawaii is a three-tiered lesson plan in and around the local area following the BRC: Start riders out in tightly controlled traffic situations like streets running through post housing or backwater roads, then

progress to lesser, but still controlled, scenarios such as non-peak city riding, then graduate to the more dynamic conditions of the freeway and open road.

"Mentors need a lot of hands-on time with new riders before they progress to unrestricted traffic or higher-level training," Maxwell said. "When you've got a wingman and you're poking around base housing, taking it slowly; things don't tend to happen. You can only assimilate things so fast, and part of a mentor's job is to tell you, 'Learn these baby steps first before I cut you loose.'"

These personal relationships built early, Maxwell said, can provide the foundation for a lifetime of safe riding for motorcycling novices.

"The contact between a mentor and individual Soldier who's either a potential or existing rider needs to be at the grassroots," he said. "Many riders in the civilian population learn the basics from close family members like fathers or uncles. Our mentors must be a fitting substitute for those family relationships."

Both Kurtiak and Maxwell agreed that ultimately, creating safer riders is a combination of engaged leadership, effective mentoring, lifetime learning through progressive training, and Soldiers committing themselves to responsible riding. Robust MMPs create an environment where each of those factors are allowed to thrive.

## Ride Safe

For more information on motorcycle safety and MMPs, visit <https://safety.army.mil>.



# Chance encounter brings closure to family after 70 years

**WAYNE HANKAMMER**  
U.S. Army-Pacific  
FORT SHAFTER — A chance encounter with the U.S. Army-Pacific's personnel section helped the family of B-29 Superfortress flight engineer 1st Lt. Donald Alexander finally receive closure – 71 years after the crew ditched in the Pacific following a bombing mission over Japan, Jan. 27, 1945.

While attending a recent suicide prevention class, Sally Spencer-Thomas reached out to the instructor to find out information about Alexander – the father of Betty Thomas, who is Spencer-Thomas' mother-in-law.

The USARPAC personnel section staff assisted Spencer-Thomas in contacting the Na-

tional Memorial Cemetery of the Pacific and the Defense POW/MIA Accounting Agency (DPAA).

During her time on Oahu, Hawaii Spencer-Thomas visited the NMCP, where she was assisted by members of the staff in locating the marker for Alexander near the top of the memorial grounds.

"It was surreal to see the marker that honors Donald Alexander," Spencer-Thomas said.

Wanting to know more about Alexander, Spencer-Thomas contacted the DPAA for assistance in finding additional information on Alexander.

The DPAA staff located the official final account of the last mission of the "Ghastly Goose"

and her crew of 11 aviators, describing the successful ditching of the bomber. According to the four-page document, surveillance by another B-29 assigned to the 497th Bomb Group, indicated that most of the crew survived the emergency water landing. However, those 11 crewmembers were never seen again.

The following morning, when Navy rescue ships arrived at the scene of the ditching, all traces of the B-29 had disappeared. Rescue crews and airplanes combed the entire area, but could not locate the crew.

"It shed light with facts never known by anyone in the family," Spencer-Thomas said. "It's still an open wound for me having lost my fa-

ther in combat. It means so much to me to have this information."

Betty Thomas also expressed her thanks for everyone's assistance.

"My children and I are grateful to have more information on the missing link in our heritage," said Betty Thomas.

*(Editor's note: Hankammer is the Suicide Prevention Program manager at USARPAC.)*

## Defense POW/MIA Accounting Agency

For more information on the POW/MIA Accounting Agency, go to [www.dpaa.mil](http://www.dpaa.mil).







File photo

Children and teens enrolled in CYSS summer camp programs may participate in field trips to some of Oahu's beaches.

# FMWR offers an extensive summer slate of activities

**CHRISTINE CABALO**  
Staff Writer

**SCHOFIELD BARRACKS** — Stepping out of the classroom means stepping into summer fun with activities available through Family and Morale, Welfare and Recreation.

Fill the summer hours with day trips and seasonal activities during the longer days. Find the FMWR programs at several Hawaii Army installations for every age.

## School Age and Kinder Summer Day Camps

New activities are available for elementary school students each week in day camp, which runs on weekdays from 5:30 a.m. to 6 p.m., starting May 31, at several Army Hawaii installations.

Camps are split into two sections: Kinder camp for children entering first grade and School Age camp for students who are in second grade or older.

Children can enjoy field trips, special interest clubs, creative movement, arts and crafts, science pursuits and more.

Weekly fees provide for entry costs, transportation and meals meeting U.S. Department of Agriculture nutrition guidelines.

Due to limited space, parents are asked to register early for day camps at MilitaryChild-Care.com. The first week of both School Age and Kinder Camp currently has a waitlist.

Parents must also register their children at Parent Central Services (PCS) with Child, Youth and School Services (CYSS). They can also contact PCS to check waitlists and for updates.

For more information, call the Schofield Barracks PCS at 655-8380/5314 or Aliamanu Military Reservation at 833-5393.

## Youth Center

The center will have special extended summer hours for social recreation. Patrons can enjoy gaming equipment, a computer lab and other free activities. Entry and use of the center's facilities is free, but participants must be registered with CYSS:

- Monday-Thursday: 1-8 p.m.
- Friday: 1-10 p.m.
- Saturday: Noon-8 p.m.

## Youth Center Summer Camp

The Youth Center will host nine weeks of summer camp on weekdays from 7 a.m. to 1 p.m., starting May 31. Each day the group will go on a field trip or complete an in-house activity matching the theme of the week.



Photo by Karen Iwamoto, Oahu Publications

Children and teens enrolled in CYSS summer camp programs can explore some of the hiking trails available on Oahu.

Fees are charged per week and provide for a daily lunch that meets U.S. Department of Agriculture standards, transportation and program supplies. Youth may register and pay for the extended summer camp program at PCS.

## Summertime at the Library

Both the Fort Shafter Library and Sgt. Yano Library at Schofield Barracks are hosting special summer events. For more information about their programs, call the FS Library at 438-9521 and the SB Sgt. Yano Library at 655-8002.

### Extended Storytime and Read to Me Program

Preschool Storytime will be available weekly during the summer at 10 a.m., Tuesdays, at FS Library, starting June 14, and Wednesdays, at Sgt. Yano Library, starting June 15. Several special guests will be appearing, including Mermaid Kariel. Children who are unable to read on their own may also participate in the Read to Me Program for prizes. Parents, siblings and other loved ones can read to children for 10 minutes each day and turn in their reading logs for rewards.

### Free Weekly Live Entertainment

The libraries will also feature a variety of

live performances for free in the afternoons, Tuesdays at 3:30 p.m., beginning June 14, at FS Library, and Wednesdays at 3 p.m., beginning June 15 at SB Sgt. Yano Library.

See Bungie the Clown, Uncle Wayne and the Howling Dog Band and more.

### Summer Reading Club, "Read for the Win"

Participants who read at least one book per week and bring their reading logs will be awarded free rewards each week. Prizes are awarded in three separate age categories: children who are in sixth-grade or younger, middle school to teen participants, and adults who are 18 years old or older.

## SKIESUnlimited

The SKIESUnlimited Program offers military children classes in a variety of subjects, including foreign language, performance arts and fitness. Classes are held at several sites including SB, Tripler Army Medical Center and Aliamanu Military Reservation.

The SKIESUnlimited Program has several changes to its summer schedule:

- Individual dance classes are on break in June, but return to their regular schedules in July.
- Tumbling classes will be available at the

SB SKIES Classroom for Wednesdays in June and July, while Thursday tumbling classes are on break until August.

- Both theater and ballroom dancing classes are on break until August.

For details about the class schedule and registering, visit [www.himwr.com/skies](http://www.himwr.com/skies) or call 655-3818.

## 2016 Summer Junior Golf Program

This year's program will include instruction and practice on the range, chipping and putting greens of Leilehua Golf Course. There will be no instruction on the course due to renovations.

A \$75 fee covers all instruction, golf equipment, practice balls, shirt, prizes and other items. Check with coordinators about dress code. Deadline to register is May 30 or until each session is full.

Open to all active duty military, family members, first-come, first served. All other authorized patron family members will be taken on a space available basis.

Important dates and information follow:

- All junior golfers must be 6 to 16 years of age. Juniors must be 6 years old by June 6 and not exceed their 17th birthday by June 9.
- Sessions are Mondays and Wednesdays at the golf course. First session is from 9-10:30 a.m. If first session is full, a second session may be offered at 11 a.m.-12:30 p.m.
- The parent's meeting for the junior program is June 1 at Leilehua Golf Course at 4 p.m.
- Registration must be made at CYSS PCS, 241 Hewitt St. (Kalakaua, Bldg. 1283), open 7:30 a.m.-5 p.m. For details, call 655-8380.
- Bring shot record, health assessment/physical and three emergency contacts.
- The Junior Golf Tournament is scheduled July 6.

## Summer Bowling at SB Bowling Center

The bowling center will offer special summer discounts.

- During select hours, the center will offer two bowling games, a small drink and personal cheese pizza for \$8. Walk-ins only; offer available based on lane availability. Additional charges for extra toppings; shoe rental not included. This discount is not valid with other offers.

- Children can bowl for free during Kid's Day every Thursday in June. Children 16 and under can bowl two games for free on Thursdays from 9 a.m. to 5 p.m. Shoe rental not included.



Photo courtesy of Wet'n'Wild

CYSS summer camp programs include trips to Wet'n'Wild water park in Kapolei.



Photo courtesy of Hawaii's Plantation Village

Visitors to Hawaii Plantation Village play with simple wooden boats. Simple toys made of available materials are what children played with during Hawaii's sugar plantation days.





Briefs

**Today**  
**FCC Provider Orientation** — The CYS Services Family Child Care program is seeking energetic individuals to provide child care in their homes. Attend new applicant briefings from 9-11 a.m. at the SB FCC office at 730 Leilehua Ave., Bldg. 645, SB. Call 655-8373.

**Parenting 101** — Discover current “best practices” and learn tips and tools to assist you in reaching your parenting goals, noon-1 p.m., on the 2nd & 4th Friday at SB ACS. Call 655-4227.

**Paint ‘n Sip at Tropics** — Create your own masterpiece while enjoying signature drinks and food. An experienced artist will guide you through the relaxing process of painting while you sip on your beverage of choice at the Tropics, 7 p.m. All supplies are provided.

To sign up, visit the SB Arts & Crafts Center or SB Tropics Recreation Center. Cost is \$30 per person; preregistration is required. Tropics is an 18 and older facility at Foote Avenue, Bldg. 589. Call 655-5698 or 655-4202.

**15 / Sunday**  
**Sunday Brunch** — Savor roasted prime rib with a peppercorn and garlic crust, along with exquisite dishes infused from the Pacific Rim, Asia and Hawaii Nouveau at the FS Hale Ikena. Groups and large parties are welcome. Meal is served from 10 a.m.-1 p.m., and reservations are recommended. Adults are \$24.95 and children’s prices are available. Call 438-1974.

**Pottery Wheel Throwing and Quilting/Sewing Workshop** — Join SB Arts & Crafts at Bldg. 572. Cost is \$25 for the first class, \$6 each for additional classes. Call 655-4202.

**16 / Monday**  
**Level K- Military Knowledge** — Learn about military benefits and entitlements, 9 a.m.- 2 p.m., how to decipher Army acronyms, the Leave and Earnings Statement (LES), utilize community resources, improve financial readiness skills, and under-

BEGINNING WEDNESDAY

YOU ARE INVITED...



Grand Buffet

GRAND OPENING

WEDNESDAY, MAY 18, 2016

11:00 A.M.

NEW DINING.

NEW EXPERIENCE



Artwork courtesy of Family and Morale, Welfare and Recreation

**FORT SHAFTER — A new expanded buffet dining experience featuring dynamic action stations officially begins Wednesday at the Hale Ikena.**

stand the goal and impact of the Army mission in daily life, at the SB NCO Academy, Higgins Road. Call 655-4227.

**17 / Tuesday**  
**Anger & Conflict Solutions** — Prevention program for individuals to learn the basics of anger awareness, noon-2 p.m., SB ACS. The class will help participants identify their own personal anger cues and ways to de-escalate conflict situations. Call 655-4227.

**Mexican Cuisine Lunch Buffet** — Tuesday buffet, 11 a.m.-1 p.m., at FS Hale Ikena. Features beef tacos w/fixings, chicken fajitas, Spanish rice, refried beans, buttered corn, soup and salad for \$10.95. Call 438-1974.

**SKIES Unlimited School of Art** — Has your child always wanted to learn to play the guitar, drums or keyboard? SB classes are offered

Tuesdays; AMR SKIES Studios classes are 3 p.m., Wednesdays. Open to CYS Services registered children ages 7-18 at \$55 per month. Call 655-9818.

**Taco Tuesday** — Every Tuesday night, SB Kolekole Bar & Grill features three tacos, rice and beans dinner for only \$4.99 at 1249 Kolekole Ave. Call 655-4466.

**Infant Massage Series** — This five-week course on infant massage teaches the power of touch in bonding with your baby, as well as the benefits of massage in circulation, digestion and emotional well-being, Tuesday evenings in May, from 6-7 p.m. Call the SB New Parent Support Program at 655-4227.

**18 / Wednesday**  
**SAFER Group** — This discreet group for women meets weekly to explore issues, such as self-esteem, self-care, safety planning and under-

standing abuse, 9-10:15 a.m. Support and resource pathways are offered, along with discussion of emotional regulation, managing stress, power & control, and the cycle of violence. Call 655-4227.

**Grand Buffet at FS Hale Ikena** — Grand opening of new buffet dining experience at 11 a.m. Enjoy a rotating menu featuring multi-choice soup & salad options, dynamic action stations and an array of desserts. Call to RSVP to 438-1974. FS location is Bldg. 711, Morton Drive.

**BOSS Meetings** — Hooah! Single Soldiers and geographic bachelors are highly encouraged to attend BOSS meetings every Wednesday of the month to discuss community service projects and fun upcoming programs. Get involved and make a difference.

- North meetings are held at SB Tropics, every 1st and 3rd Wednesday, at 3 p.m.
- South meetings are held at the FS Bowling Center, every 2nd and 4th Wednesday of the month, at 10 a.m.

BOSS is waiting for your call at 655-1130.

**Asian Pacific Heritage** — FS library celebrates, 3:30-4:30 p.m., by making a replica of a typical Japanese carp (koi, from a paper roll) that can be seen flying high above houses during the month of May. Free program includes available supplies. Call 438-9521.

**19 / Thursday**  
**Community Readiness Expo** — New to Hawaii? The USARHAW Community Readiness Expo is held 9 a.m.-noon, at the SB Nehelani. Learn about Army community resources from service agency representatives at this weekly interactive orientation without briefings. Call 655-4227.

**1-2-3 Magic** — Parenting series is explored with humor, insight and proven success, noon-1:30 p.m., for three weeks, SB ACS. Call 655-4227.

**20 / Friday**  
**Men’s and Women’s Battalion-Level Volleyball Tournament** — Enter to play volleyball this season by May 20. The season will run June 6-July 1, and games will be played at FS PFC.

Entry forms available online at HIMWR.com or may be picked up at the USAG-HI Sports, Fitness & Aquatics Office located at 730 Leilehua Ave., Bldg. 645, Room 2, SB. Call 655-9914.

**Right Arm Night** — Enjoy pupus and live music, 5-7 p.m., from the 25th ID Band “One Nation” at the Nehelani. Event is open to all ranks, DoD civilians and spouses. Call 655-4466.


**18 / Wednesday**  
**VA 2K Walk and Roll** — The Acute Care Clinic is the site for the 9 a.m.-1 p.m. event dedicated to wellness. Interactive exhibits will be dedicated to wellness prior to the walk, and lunch options include Jah-Taime Food & Catering (a Jamaican food truck) and an I Love Taco tent.

This event also allows VA employees the opportunity to donate items to homeless veterans. Call 433-0049.

**21 / Saturday**  
**Combined Concert** — The 25th Infantry Division Band, the Marine Corps Forces, Pacific (MARFORPAC) Band, and the U.S. Pacific Fleet Band will perform in the annual Military Appreciation Combined Concert at 6 p.m., Saturday, May 21, at Hawaii Theatre Center.

The reception begins at 5 p.m., and the Army has the lead for this event. Come celebrate Military Appreciation Month with the community.

**Sounds of Aloha Chorus** — “True Defective - A Musical Whodunnit!” is a kid-friendly farce, a mystery, a radio drama and an a cappella concert, all in one, will be performed with local barbershop quartets at 3:30 and 7:30 p.m. at Kaimuki High School.



Additional religious services, children’s programs, educational services and contact information can be found at [www.garrison.hawaii.army.mil](http://www.garrison.hawaii.army.mil). (Click on “Religious Support Office” under the “Directorates and Support Staff” menu.)

|       |                                      |
|-------|--------------------------------------|
| AMR:  | Aliamanu Chapel                      |
| FD:   | Fort DeRussy Chapel                  |
| HMR:  | Helemano Chapel                      |
| MPC:  | Main Post Chapel, Schofield Barracks |
| PH:   | Aloha Jewish Chapel, Pearl Harbor    |
| SC:   | Soldiers’ Chapel, Schofield Barracks |
| TAMC: | Tripler Army Medical Center Chapel   |
| WAAF: | Wheeler Army Airfield Chapel         |

**Buddhist Services**  
•First Sunday, 1 p.m. at FD  
•Fourth Sunday, 1 p.m. at MPC Annex

**Catholic Mass**  
•Thursday, 9 a.m. at AMR  
•Saturday, 5 p.m. at TAMC, WAAF  
•Sunday services:  
- 8:30 a.m. at AMR  
- 10:30 a.m. at MPC Annex  
- 11 a.m. at TAMC  
•Monday-Friday, 11:45 a.m. at Soldiers’ Chapel and 12 p.m., TAMC

**Gospel Worship**  
•Sunday, noon. at MPC  
•Sunday, 12:30 p.m. at AMR

**Islamic Prayers and Study**  
•Friday, 1 p.m. at MPC Annex  
•Friday, 2:30 p.m., TAMC  
•Saturday and Sunday, 5:30 a.m.; 6, 7 and 8 p.m. at MPC Annex

**Jewish Shabbat (Sabbath)**  
•Friday, 7:30 p.m. at PH

**Pagan (Wicca)**  
•Friday, 7 p.m. at Wheeler Annex

**Protestant Worship**  
•Sunday Services  
-9 a.m. at MPC  
-9 a.m., at FD, TAMC chapel  
-10 a.m. at HMR  
-10:30 a.m. at AMR  
-11:30 a.m. at WAAF (Spanish language)  
-11 a.m. at SC (Contemporary)  
**Liturgical (Lutheran/Anglican)**  
•Sunday, 10 a.m. at WAAF



Call 624-2585 for movie listings or go to [aaafes.com](http://aaafes.com) under realtime movie listing.



**The Boss**  
(R)  
Fri., May 13, 7 p.m.

**My Big Fat Greek Wedding 2**  
(PG-13)  
Sat., May 14, 4 p.m.

**Family Night: Kung Fu Panda 3**  
(PG-13)  
Sat., May 14, 7 p.m.



**Zootopia**  
(PG)  
Sun., May 15, 5 p.m.

**(Closed Monday, Tuesday, Wednesday and Thursday)**



Send announcements a week prior to publication to [community@hawaiiarmyweekly.com](mailto:community@hawaiiarmyweekly.com).

**Today**  
**AMR Food Truck Carnival** — Sponsored by the Exchange, enjoy a variety of foods, as well as games and karaoke entertainment, 11 a.m.-8 p.m., both Friday night and Saturday, at the AMR Exchange Express parking lot.

**24th Annual World Fireknife Championships** — This 24th annual event highlights the three-day Samoa Festival at the Polynesian Cultural Center, Friday and Saturday. It features the Senior Division finals Saturday night, 7:30 p.m., at the Pacific Theater. Visit [www.polynesia.com](http://www.polynesia.com) or call 293-3333.

**14 / Saturday**  
**SB Kolekole** — The walking-hiking trail is closed on Saturday, May 14th, due to live-fire training; however, it is open on Sunday, May 15th, from 5:30 a.m.-6:30 p.m.

**New Baby Expo** — This is a two-day event at the Blaisdell Expo Center, from 10 a.m.-5 p.m., and features all things concerning new parent-

hood.

**Kuhio Beach Hula Show** — This free show, sponsored by the City and County of Honolulu, showcases culturally significant hula, 6-7 p.m., Tuesdays, Thursdays and Saturdays at the Kuhio Beach Hula Mound, near the Duke Kahanamoku statue, weather permitting. Call 843-8002.

**Bike to the Zoo Day** — The City and County of Honolulu is offering free admission to anyone who rides a bicycle to the Honolulu Zoo this Sunday, 9 a.m.-2 p.m. There will be free bicycle valet service and a bag of prizes for the first 200 bicyclists, who should enter from the Monsarrat Avenue gate to the zoo.

**Adolescent Summer School /Sports Physicals** — Sunday appointments available for ages 4-11 on June 12 & 26, July 10 & 24 and Aug. 7 & 21 at TAMC Pediatrics. For adolescents, ages 12-plus, appointments are available on June 12 & 26, July 10 & 24 and Aug. 14 & 21. Schedule at Central Appointments at 433-6697.

**Military Appreciation Month** — Wet’n’Wild Hawaii invites all active, retired, reserve and veteran U.S. military members and their dependents to enjoy the water park for \$20 off general admission (cost will be \$29.99) throughout May. Must bring

valid U.S. military ID.

**Family Fishing** — Ho’omaluhia Botanical Garden in Kaneohe hosts this free catch and release family event, 10 a.m.-2 p.m., Saturdays and Sundays. Bring walking shoes, insect repellent, rain gear and fishing bait (fresh white bread). Call 233-7323.

**Polo** — The Hawaii Polo Club season is underway on the North Shore at Mokuleia with matches every Sunday through Sept. 4. The parking lot opens at 11 a.m.; matches begin at 2 p.m. Tickets cost \$10-\$25. Visit [Hawaii-polo.org](http://Hawaii-polo.org) or call 220-5153.

**Pacific Aviation Museum** — The historic B5N Torpedo Bomber aircraft, “The Kate,” now at Pacific Aviation Museum Pearl Harbor for restoration, is on display at Lt. Ted Shealy’s Restoration Shop in Hangar 79, and restoration work has begun. Visit [www.PacificAviationMuseum.org](http://www.PacificAviationMuseum.org).

**17 / Tuesday**  
**Family Night** — Enjoy AMR family gatherings at 5:30 p.m. every Tuesday at the AMR Chapel. This broad-ranging Christian program features fellowship and Bible study from 6:15-7:30 p.m. Child care is provided. Call AMR Chapel at 839-4319.

| Calendar abbreviations                   |   |                              |  |
|--|---|------------------------------|--|
| 8th TSC: 8th Theater Sustainment Command | ASYMCA: Armed Services YMCA             | Recreation                   | SKIES: Schools of Knowledge, Inspiration, Exploration and Skills |
| 25th ID: 25th Infantry Division          | BCT: Brigade Combat Team                | FRG: Family Readiness Group  | AMR: Aliamanu Military Reservation                               |
| ACS: Army Community Service              | BSB: Brigade Support Battalion          | FS: Fort Shafter             | USAG-HI: U.S. Army Garrison-Hawaii                               |
| AFAP: Army Family Action Plan            | Co.: Company                            | HMR: Helemano Military       | USARPAC: U.S. Army-Pacific                                       |
| AFTB: Army Family Team Building          | CYSS: Child, Youth and School Services  | IPC: Island Palm Communities | WAAF: Wheeler Army Airfield                                      |
| AMR: Aliamanu Military Reservation       | EFMP: Exceptional Family Member Program | PFC: Physical Fitness Center |  |
|  | FMWR: Family and Morale, Welfare and    | SB: Schofield Barracks       |  |



SCHOFIELD COMMISSARY RENOVATION



**SCHOFIELD BARRACKS** — The Commissary unveils a mural featuring photos of 25th Infantry Division Soldiers in several eras from World War II to Operation Enduring Freedom, May 9. Senior military and civilian leaders pose for a photo during the unveiling ceremony. Pictured from left to right are Brad McMinn, commissary store director; Dennis Drake, U.S. Army

Garrison-Hawaii public affairs director; Leonard Housley, USAG-HI deputy garrison commander; Command Sgt. Maj. Louis C. Felicioni, USAG-HI senior enlisted adviser; Col. Richard A. Fromm, USAG-HI commander; Maj. Gen. Charles Flynn, 25th ID and U.S. Army Hawaii commander; Kathleen Flynn, his spouse; Karen Chaney, deputy store director; and

Courtesy photos (Photo has been altered from its original form)  
**Command Sgt. Maj. Scott Brzak, 25th ID and USARHAW senior enlisted adviser.**

**The \$10.9 million commissary renovation project includes all new refrigeration equipment, upgrades to the store's decor, air conditioning, rest rooms and numerous other improvements to better serve customers.**

HPU increases support for veteran students with ribbon program

**HAWAII PACIFIC UNIVERSITY**  
News Release

HONOLULU — Hawai'i Pacific University is increasing its support for U.S. military veteran students through the Yellow Ribbon program, starting in the fall 2016 semester.

A partnership between HPU and the Department of Veterans Affairs, the Yellow Ribbon program supplements the tuition benefit of the Post-9/11 GI Bill.

In the fall, HPU will increase its contribution via the program to \$6,550, up from \$5,000. The VA matches the amount to benefit Yellow Ribbon eligible students, making students eligible for up to \$13,100.

"Hawai'i Pacific University leads the state in providing higher education opportunities to military students, their dependents and veterans," said Justin Vance, interim dean of HPU's College of Extended and Interdisciplinary Education, who has a doctorate in education. "We are especially committed to our veterans who served on behalf of our country and deserve a quality education."

**HAWAII PACIFIC UNIVERSITY**

More than 1,200 veteran students used the GI Bill at the university this academic year, making HPU one of the largest educators of veterans in the state. About 700 students were eligible for Yellow Ribbon benefits. The university has placed no limit on how many eligible veterans can receive benefits through the Yellow Ribbon Program. The Department of Veteran Affairs determines students' Yellow Ribbon eligibility.

The university started participation in the Yellow Ribbon Program in 2009, when the Post-9/11 GI Bill went into effect. The GI Bill covers undergraduate and graduate degree programs at HPU. Eligible costs beyond those base benefits can be funded through Yellow Ribbon.

"I am proud that HPU and the VA can help our veterans succeed in their educational goals through the Yellow Ribbon Program," Vance said. "When I teach veterans, it adds an exciting dynamic to the classroom. They bring their ex-

periences and real life examples into discussions and assignments. It enriches the experience for everyone involved, including the traditional students."

Hawai'i Pacific University is on the Military Times "Best for Vets" colleges list and is the only Hawaii-based school ranked. The university is also recognized as a "Military Friendly School" by Victory Media, publisher of "GI Jobs," "STEM Jobs" and "Military Spouse."

**About HPU**

Founded in 1965, Hawai'i Pacific University has grown to become the state's leading private, nonprofit university, with a student population of nearly 7,000 undergraduate and graduate students from all 50 states and nearly 80 countries around the world. It has campuses in downtown Honolulu, Kaneohe and Makapu'u. "USA Today" has named it the most diverse university in the nation.

**Yellow Ribbon**

For more information about the Yellow Ribbon Program at Hawai'i Pacific University, call Thomas Flores, Military/Veterans Center director, at (808) 544-1121. Visit [www.hpu.edu/military](http://www.hpu.edu/military).

**ACES**

The Army Continuing Education System (ACES) serves U.S. Army Garrison-Hawaii. Active duty military, reserve component military, retirees, Department of the Army civilians and their adult family members may receive counseling, information about financial aid and local programs, and enrollment in selected programs.

The ACES office is located at 1565 Kulekole Ave, Bldg. 560. Call 655-0800/0805.

DOG TAG PROGRAM



Photos courtesy of Solomon Elementary School

**SCHOFIELD BARRACKS** — This year, in honor of the Month of the Military Child, Solomon Elementary School faculty and staff display 915 handmade dog tags (left) on their second floor railing representing each student, recently.

Outside the school library, a large military child appreciation poster is on display, covered with hundreds of small purple hands personally decorated by a Solomon student for Purple Up Day! in honor of all military children.

Solomon Elementary is one of the largest elementary schools on a military post in Hawaii, with currently around 915 military children as students.

Kindergarten enrollment underway

**DEPARTMENT OF EDUCATION**  
State of Hawaii

HONOLULU — With the 2016-17 public school calendar slated to start on Aug. 1, the Hawaii State Department of Education reminds parents to plan ahead and enroll for kindergarten early.

Children must be 5 years old on or before July 31 to enter kindergarten. Children who turn 5 on Aug. 1 or later should enroll the following school year.

Kindergarten is mandatory in the state of Hawaii.

"We encourage our parents to familiarize themselves with kindergarten requirements and to enroll their children early," said Kathryn Matayoshi, the Hawaii state DOE superintendent. "Kindergarten is a critical time to give our keiki the solid academic foundation they need for future success."

Parents of children younger than the mandatory kindergarten specifications have several educational options, such as pre-school at a private provider or pre-kindergarten classes available at 19 select schools statewide. Priority will be given to children

born in 2011 to enroll in these pre-kindergarten classes.

Parents whose children attended kindergarten outside of Hawaii or at a private school in the 2015-16 school year can discuss enrollment options with their home school. Despite many possible placement scenarios, the final decision for a child's placement will be based on the principal's discussions among parents and the appropriate teaching staff.

**State DOE**

For more information about enrolling in kindergarten in the state of Hawaii, please review kindergarten and frequently asked questions on the website.

Parents should also visit the enrolling in school page to be sure they have the necessary documents to enroll their child, including birth certificate, tuberculosis clearance, a completed student health record and proof of current address.

Visit [www.hawaiipublicschools.org](http://www.hawaiipublicschools.org).



# Food safety at the grill is everyone’s responsibility

**KEVIN L. ROBINSON**  
Defense Commissary Agency

FORT LEE, Va. – As warmer temperatures push more commissary patrons from the kitchen stove to the backyard grill, the Defense Commissary Agency wants to remind them to “Be Food Safe.”

Disregarding the tenets of “Be Food Safe” can turn a family gathering into a trip to the emergency room, said the director of DeCA’s Public Health and Safety Directorate, Col. Michael A. Buley.

“Our mission is to be vigilant against food-borne illnesses from the farm to the commissary warehouse to the store shelf to our patrons’ shopping carts,” Buley said. “However, we also ask our patrons to do their part by practicing ‘Be Food Safe’ whenever they handle food.”

“Be Food Safe” was created through the collaboration of the U.S. Department of Agriculture, U.S. Food and Drug Administration and the U.S. Center for Disease Control and Prevention to help prevent food-borne illnesses caused by consumers mishandling food at home.

Salmonella, E. coli and listeria can all be unwanted guests at the barbecue if people don’t pay heed to proper food handling, said Chris Wicker, DeCA’s public health adviser.

“The juices from raw meats can contain bacteria that could transfer to other foods,” he said. “Cooked foods should be placed onto plates and containers that are clean, so there is no risk of cross contamination.”

“Time and temperature are also key factors for grilling and protecting your loved ones from food borne illness. Always ensure proper temperatures are reached for all cooked meats and



File photo

**Summertime grilling is not without safety issues. DeCA offers tips to “Be Food Safe.”**

that no food is left out longer than two hours. Keep cold foods cold and hot foods hot.”

Before any cookout, Wicker said grill masters should consider the following basic food safety tips:

- **Be clean.** Before cooking or eating – and definitely after using the bathroom – wash your hands with soap and water for at least 20 seconds. Don’t forget the grill; it should also be cleaned before preparation begins.
- **Separate the food.** Keep raw food apart from cooked food. The juices from raw meats can contain bacteria that could transfer to other foods. That means use separate plates or containers for raw meat, poultry or seafood when moving food to the grill and different containers entirely for the cooked products unless the carri-

ers have been washed thoroughly in soap and water. Also, keep cooking utensils and cooking surfaces clean from potential cross contamination.

- **Marinate in refrigerator.** Any food that is marinating should be covered and kept in a refrigerator until ready to cook. Also, don’t reuse marinade containing raw meat.
- **Cook it completely.** This means you cannot take shortcuts on the amount of time it takes to thoroughly cook meat. Use a food thermometer to ensure meat is ready to eat.

For example, ground beef and pork should be cooked at 160 F, chicken at 165 F and steaks and roast at 145 F. For shrimp, lobster and crab, cook until pearly and opaque. You can use your microwave, oven or stove to precook the food im-

mediately before placing it on the grill.

- **Chill and freeze – immediately.** Food should never be off the grill or out of the cooler for more than two hours. And, when the outside temperature is hotter than 90 F, food can only be left out for an hour.
- **Hot, hot, hot.** Keep hot food wrapped, insulated in a container and at or above 140 F. Eat hot take-out food within two hours of purchase. When reheating food on the grill, make sure it reaches 165 F.
- **Keep it cold.** If it’s meant to be cold, it needs to stay that way at or below 40 F. Chicken salad, potato salads, bagged and green salads, and certain desserts must be protected from warm temperatures by placing them on ice in coolers. Remember to drain the water from melted ice in those coolers and replace ice as necessary.

## Commissary Online

For the latest food safety alerts and product recalls affecting military commissaries, visit [www.commissaries.com](http://www.commissaries.com) and click on the “Food Recalls” box near the bottom of the front page.

For general food safety information, choose the “News & Info” tab near the top of the front page and select “Food Safety” from the drop-down box.

A good source for more information about proper food handling techniques is DeCA’s food safety page, [https://www.commissaries.com/food\\_safety.cfm](https://www.commissaries.com/food_safety.cfm).



# One military spouse fights the housewife daily routine blues

It took four punches of the snooze button to get me out of bed this morning.

I wasn’t tired. Or sick, for that matter.

But I was sick and tired. Sick and tired of the same old routine, minute after minute, day after day, year after year, since 1995, when I made the decision to stay at home to manage our family.

Now, don’t get me wrong. I truly love my life and wouldn’t have it any other way. I am proud that I gave up my own professional ambitions for the humble satisfaction of providing home-cooked meals, a warm and loving environment and a constant and dependable presence to my family.

But frankly, after two decades, I’d rather chew my own arm off than empty the dishwasher again. I’d take a frying pan to the head to put me out of the misery of defrosting another pound of ground beef. If given the choice, I’d rather swallow a fistful of wriggling grubs than dust the ceiling fan blades one more time.

I often fear that I’m on the brink of some sort of total housewife breakdown. Emptying the lint trap gives me the shakes. Putting the steak



knives away makes my left eye twitch. I can’t sponge another sticky spot off the countertop without feeling palpitations, and I have completely lost the ability to par-boil anything.

Over the last year, my poor family has been witness to the steady decline of my cooking, cleaning and parenting skills. It has come as somewhat of a shock to them, because for almost two decades, I was Supermom.

A licensed and gainfully employed litigation attorney, I made the decision to put my lucrative career aside two years into marriage, to raise the kids and support my husband Francis’ active duty military career— no matter where it would take us. I’ll admit that my initial high standards and work ethic were based primarily on one thing: guilt. Since I wasn’t bringing in any income, I felt that I had to knock it

out of the park as a homemaker.

But as the years passed, I saw the value of my choice. Not just during the obvious times when being at home was crucial, such as deployments, but also during the subtle everyday moments when my family was better off for having a dependable presence in their lives.

My kids knew that, no matter where we were stationed, I would always be there to walk them to school, pack their lunches, keep them home when sick, bring cupcakes to soccer games and chaperone field trips. The subtle sense of security they felt was crucial in turning our typical military kids into the independent, accomplished, confident individuals they are today.

I was fortunate, too, because I’ve had a front-row seat to our children’s lives. While Francis worked long hours to support our family, I got to see each kid get Citizen of the Month. I cheered at every raucous flag football game. I secretly cringed at every pitchy middle school band concert. I toasted every waffle, mashed every potato, posted every chore chart and kissed every boo-boo.

Now, with only two more years left before our youngest goes off to college, I’ve lost sight of how lucky I’ve been. After the fourth alarm went off this morning, it dawned on me. “Anna’s graduating in a month,” I scolded myself, “now, get up and fry her a lousy egg!”

“No thanks, Mom, we’re leaving early to have breakfast with our friends,” Anna told me, her hand held out in hopes that cash would land in it.

With the melody of “Cat’s In the Cradle” playing in my head, I gave her my last \$20 and watched out the window as they drove away. That was all the motivation I needed.

I may not skip around the house in search of dust bunnies today. I won’t do any cartwheels over the latest crock pot recipe. I’ll probably avoid cleaning the rust stains off the toilet bowl. But I won’t let myself get so bogged down in the mundane tasks of everyday life that I forget the subtle, yet countless, blessings of making a loving home for my family.

(For more insights from Molinari, visit [www.themeatandpotatoesoflife.com](http://www.themeatandpotatoesoflife.com).)

# New nonprofit recycling program readies for new football season

**ALOHA STADIUM**  
News Release

AIEA — Starting this fall, Aloha Stadium will be launching a new recycling program that will give nonprofit organizations the opportunity to raise funds.

The stadium currently offers fundraising opportunities year-round through its weekly car washes at the Swap Meet & Marketplace.

The new recycling program is designed to help nonprofit organizations that have received tax-exempt status from the Internal Revenue Service to raise money through the collection of recyclables collected during all stadium events.

Bottles, cans and plastics are collected throughout the interior and all parking lot locations.

“On average we collect anywhere from 35-55 large bags per weekend during the football season,” said Ryan Andrews, deputy manager at Aloha Stadium. “In the past we have worked with the Hawaii Girl Scouts, and they have raised hundreds of dollars. This a great way to give back, but also make sure we play our role in the effort to minimize our ecological footprint.”

Groups will be selected on a first-come, first-served-basis and are encouraged to contact the Marketing Department at 483-7133.

All groups will be required to submit a W9 Tax Form to Aloha Stadium in order to be considered for participation. The program is anticipated to begin the middle of August and run through December.

## More Details

Groups interested in learning more about the Swap Meet & Marketplace car washes can contact the venue and event company Centerplate at 486-6704, Wednesdays, Saturdays and Sundays.

For more information and updates on all stadium events and programs, please contact the Aloha Stadium at 483-2500.



File photo

**Aloha Stadium offers a new fundraising opportunity this fall with recycling joining the popular Swap Meet & Marketplace.**



# TAMC TIP

## Feel bad? Try regular exercise



Regular physical activity is good for everyone's health and people of all ages and body types can be physically

active.

Here are just a few benefits of physical activity:

- Children and adolescents: Physical activity can improve muscular fitness and bone and heart health.
- Adults: Physical activity can lower risk for heart disease, type 2 diabetes, and some types of cancer.
- Older adults: Physical activity can lower the risk of falls and improve cognitive functioning (like learning and judgment skills).

For more information go to <http://health.gov/paguidelines/factSheetAdults.aspx>



# Are organic foods worth their cost?

**CAPT. WILLIAM CONKRIGHT**  
Chief of Nutrition Outpatient Clinic  
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HONOLULU — To buy organic, or not to buy organic, that is the question.

When it comes to buying organic foods there are a few things to consider.

First, what does organic mean? The U.S. Agriculture Department defines organic as “food that is produced using sustainable agricultural production practices. Not permitted are most conventional pesticides; fertilizers made with synthetic ingredients, or sewage sludge; bioengineering; or ionizing radiation.

“Organic meat, poultry eggs, and dairy products come from animals that are given no antibiotics or growth hormones,” it says.

### Healthier?

But does that really mean it is better or healthier? In many cases yes, and it has to do with what organic foods do and don't have.

There are studies that have shown that organically produced fruits and vegetables generate higher levels of phytonutrients, which are nutrients found in plants that elicit protective benefits.

When we eat these plants, those protective benefits are passed on to the consumer. Phytonutrients are not essential for maintaining life; however, they are crucial for preventing disease and functioning optimally. An example is a group of phytonutrients called carotenoids, which are found in deep orange and yellow colored foods. Carotenoids serve as antioxidants in the body, which prevent damage to cells that are thought to result in diseases like cancer.

The other advantage to organic foods is in what they don't have, which includes most syn-



Courtesy photo

**Comparing the quality of organic and nonorganic foods and whether there should be a preference isn't always obvious to most consumers.**

thetic pesticides, herbicides and fungicides. These products are used to provide an external protection to the plant, which in turn requires the plant to produce less of its own protection measures.

Unfortunately these man-made chemicals can have some negative effects on human health.

All of this said, organic foods are typically more expensive than nonorganic foods. If your finances are blocking you from buying organic, there are a few tricks to optimize your health without draining the budget.

First, only choose organic for the foods that tend to have the most chemicals used and/or those for which you eat the portion exposed to the outside (e.g., think eating a strawberry versus a banana, which has a peel).

The Environmental Working Group generates a “Dirty Dozen” and “Clean Fifteen” list each year, which highlights foods with the heaviest chemical exposure and those with the least.

The other way to eat clean without buying organic is to learn about your local food producers. Many local farmers will follow organic practices, but because it costs money to become “Certified Organic,” smaller farmers will skip the formalities and produce organic food without being labeled organic.

### Contact

For more tips and information on anything food-related, contact the Nutrition Outpatient Clinic at 433-4950.